

HEADS UP COACHES

CONCUSSION IN YOUTH SPORTS

PRE-TEST FOR COACHES

QUESTIONS:

1. A concussion is a:

- A. type of traumatic brain injury (or TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.
- B. brain bruise.
- C. loud sound heard from far away.

2. When can concussions occur?

- A. Only when playing full contact sports.
- B. Only when the individual who was hit or jolted loses consciousness.
- C. In any organized or unorganized recreational sport or activity and most occur without loss of consciousness.

3. How do you identify a concussion?

- A. By looking at CT or MRI scans of an individual's brain.
- B. By watching for different types of signs or symptoms, such as a change in the athlete's behavior, thinking, or physical functioning.
- C. Asking an athlete if they had their "bell rung" in the last hit.

4. Which of the following are signs of a concussion that you as a coach may identify?

- A. The athlete appears stunned, is unsure of the game, score, or opponent, is confused about their assignment or position, and is answering questions slowly.
- B. The athlete follows the rules for safety and the rules of the sport, practices good sportsmanship, and uses the proper equipment for the sport.
- C. The athlete looks pale, their tongue is white, and after gently pinching the skin, it does not immediately snap back into place.

5. Which of the following are symptoms of a concussion that an athlete may describe?

- A. The athlete complains of shoulder pain that radiates down the arm to a tingling feeling in the fingers.
- B. The athlete feels weak, tired, and has stopped sweating.
- C. The athlete states the lights hurt their eyes, they feel confused, "not right," and complains of an odd headache with "pressure" in their head.

6. **If an athlete has had a previous concussion they:**
 - A. are more likely to sustain another concussion, especially if the first concussion has not had time to heal.
 - B. will never have another concussion.
 - C. will not sustain another concussion from a similar blow or jolt.

7. **What is the first thing you should do as a coach when one of your players has sustained a bump or blow to the head or body and isn't acting right?**
 - A. Immediately rush an athlete to the hospital—even if none of the Danger Signs are present.
 - B. Allow the athlete to finish out the quarter/period/half, etc. then take the athlete for a medical examination.
 - C. Remove the athlete from play and look for signs or symptoms of a concussion—even those that may appear hours later.

8. **Which of the following would be considered Danger Signs of a severe concussion and require rushing an athlete to the emergency department immediately?**
 - A. The athlete seems slightly off balance, complains of a headache, did not lose consciousness, but just “isn't feeling right.”
 - B. The athlete lost consciousness, has slightly slurred speech, and seems to become increasingly more confused and restless.
 - C. The athlete complains of a headache and appears slightly dazed or stunned.

9. **When can an athlete return to play after a concussion?**
 - A. As soon as they are feeling better.
 - B. After being evaluated by a health care professional.
 - C. After being cleared by a health care professional and after a five step process in which the athlete's activity level is slowly increased over a period of days, weeks, or months depending on the athlete's response to the increasingly challenging activities.

10. **When should you talk to the athlete's parents about the possible concussion he/she may have had?**
 - A. The evening of the event or the following day.
 - B. Immediately following the game or practice—before allowing the child to go home. Information should be given to the parents regarding the signs and symptoms of concussion, encouragement to see a health care professional, and follow-up with parents regarding the status of the athlete.
 - C. Before the next game/match/event so as to make sure the child is cleared for play.

11. **How can you help prevent concussions?**
 - A. By ensuring that all athletes wear properly fitted gear, play with good sportsmanship at all times, and obey the rules of safety.
 - B. By working with parents, athletes, and school and club administrators to spread awareness about concussions all year: pre-season, during the season, and post season.
 - C. Both A and B.